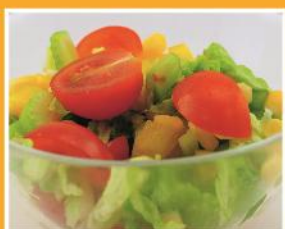


Nutritional Guidelines on Snacks for Students

For Use in Primary and Secondary Schools

學生小食營養指引

適用於中、小學



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For Use in Primary and Secondary Schools**

衛生署

Department of Health

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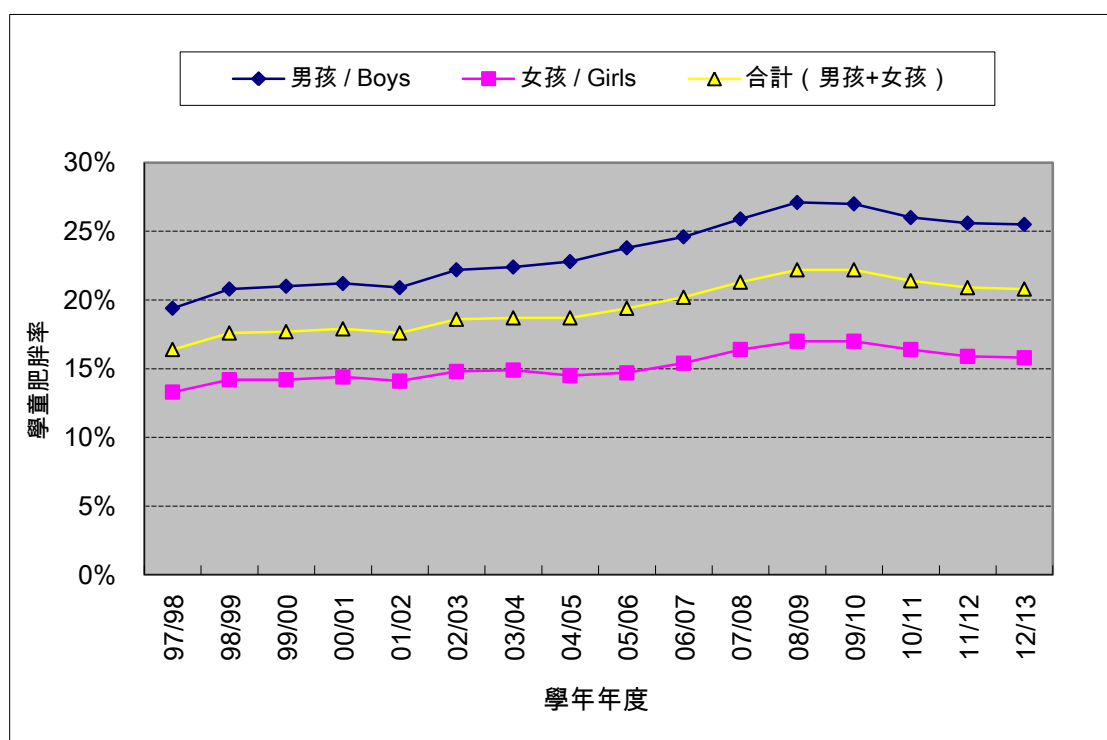
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1. 背景

1.1 健康飲食乃預防肥胖和心臟病、癌症、糖尿病等慢性疾病及促進學生健康成長的重要因素。反觀現時本港學生由於種種原因卻未能遵行健康飲食模式¹，而進食過多高熱量的小食或飲料，並且欠缺運動，更可能導致體重超標。衛生署的資料顯示，小學生的過重及肥胖比率由 1997/98 學年的 16.4% 增至 2008/09 學年的 22.2%。雖然近年的情況稍見緩和，但 2012/13 學年的相關比率仍高達 20.8% (見圖一)。換言之，每五名學生便有一名屬於過重或肥胖。



(圖一) 香港小學學童過重及肥胖率

(資料來源：衛生署學生健康服務)

1.2 由於兒童每天有大部分時間會在學校度過，因此學校的教導、環境及文化對孕育兒童的飲食習慣影響深遠。至於家長在教育兒童關於健康選擇和遵行健康飲食原則方面，亦扮演著相當重要的角色，除了配合學校教學方針，也直接成為兒童的學習及模仿對象。

1.3 衛生署聯同教育局、食物環境衛生署、教育界、專業組織及關注團體自 2006/07 學年推行「健康飲食在校園」運動，透過建立良好的飲食文化，為學童提供健康午膳和食品，及加強營養教育等策略，改善學童的飲食習慣，讓他們得以健康成長，以及為促進全人發展和終身學習建立良好的基礎。

2. 健康「小食」在校園

2.1 「小食」乃指兩主餐之間所進食的少量食物或飲料。健康小食是兒童飲食模式的其中一部分，幫助兒童成長和發育。一般而言，兒童由於胃部容量較小、活動量較大，一日三正餐未必能充分地補充日常所消耗的熱量或提供身體所需的營養素，故或需要適當地進食健康的小食補充。適量的小食，以不應影響兒童進食下一正餐的胃口為原則。另外，為減低蛀牙的風險，學童亦應於正餐之間只進食一次小食，以及在正餐和小食以外的時間只飲用清水。

2.2 學校推廣健康小食的關鍵，在於教育學童選擇健康食物，並提供一個健康飲食環境，使他們較容易作出健康的選擇。與其禁止學童進食小食，倒不如讓他們學習如何明智地選擇營養較佳和分量較適中的小食。外地經驗證實透過教職人員、家長及小食部營運商的共同努力，可以令學童增加選擇進食健康小食²⁻⁶。

2.3 可惜，一項調查發現在學校小食部出售的大多數是高油、鹽或糖的小食¹。這些高油、鹽或糖的小食足以妨礙學童攝取發育所需的營養素，影響成長和健康。與此同時，本署留意到近年部分小食部被自動售賣機取代。學童在缺乏指導和監察的情況下自由選

購食物時，更需要學校聯同家長及小食供應商，合力營造一個理想的校園營養環境。

2.4 有見及此，衛生署於 2006 年制定《小學小食營養指引》，提示及協助校長、老師、家長及小食部／自動售賣機營運商於供應學童食物時，作出健康的選擇，保障學童健康。

3. 目的

3.1 參照世界衛生組織的建議，本指引的目標是協助學生：

- 達到熱量的平衡和健康的體重
- 增加水果和蔬菜進食量
- 減少總脂肪攝取量
- 減少糖分攝取量
- 減少鹽分（鈉質）攝取量

4. 本指引的使用者

4.1 小食部或自動售賣機並不是學校的必要設施。當學校考慮應否設立小食部和／或自動售賣機的同時，必須清楚明白這些設施對學生健康的影響，為學生的健康和成長提供最大的保障。

4.2 對於設有小食部和／或自動售賣機的學校，我們建議下列人士參考本指引第六節，先檢視不同小食的營養價值對身體的影響，才決定向學生出售食品與飲料：

- 小食部／自動售賣機營運商
- 負責監察校內小食供應的教職人員及家長

4.3 至於沒有設小食部或自動售賣機的學校，教職人員和家長亦可參考本指引第六節或參閱「健康飲食在校園」運動的專題網站（<http://school.eatsmart.gov.hk>）內有關小食的教學材料，引導學生選擇適量的健康小食。

5. 關於本指引

5.1 本指引於 2006 年 6 月首次發放，除了參考外地經驗⁷⁻¹⁶和本地情況外，亦諮詢多個政府部門、專業團體、學界和家長組織。指引的重點在於食物的**營養價值**。這些食物泛指來自家中、市場、學校小食部或自動售賣機的食品和飲料。指引提供**實用指導**予小食部營運商、家長和教職人員，協助他們為學童提供適量的健康食品 and 飲料。

5.2 隨著營養標籤制度於 2010 年 7 月 1 日生效，除豁免的產品外，所有預先包裝的食品均需附有營養標籤，列出熱量和營養素含量的資料。為進一步協助小食部營運商、家長及學校選擇較健康的食物，本署參考相關經驗¹⁷⁻¹⁸，以及透過與政府部門和專業團體*商討，就產品和營養的資料制定小食分類的營養準則。

* 有關政府部門和專業團體（排名不分先後）包括

- Dietetics, Food and Nutritional Sciences, 香港大學專業進修學院
- 食物環境衛生署
- 香港營養師協會
- 香港營養學會
- 醫院管理局

5.3 為使指引更能切合實際需要，本署透過不同渠道收集各方的意見，然後分別於 2009 年 6 月及 2010 年 12 月作出修訂。由於本署在 2010 年 12 月修訂時把指引內容延伸至適用於中學使用，指引的名稱亦相應更新為《學生小食營養指引》。本版為 2014 年 12 月的第三次修訂版本。

5.4 本版本新修訂的內容為：

- 加入「校園於節日慶祝活動的食物安排」章節
- 加入「促進校園提供健康小食工具簡介」章節

6. 小食分類指引

6.1 本節根據小食的營養價值對健康構成的影響分為三個主要類別，建議應否向學生推薦作為小食，並利用「紅黃綠燈」的顏色代表下列三種小食類別，方便使用者識別不同組別的小食：

😊 「**適宜選擇**」的小食，又稱「綠燈小食」，指含較少脂肪、鹽和糖的小食，大多是新鮮的食物，鼓勵學生選擇此類小食。

😐 「**限量選擇**」的小食，又稱「黃燈小食」，含較多的脂肪、鹽或糖。建議學生限制進食次數。

😞 「**少選為佳**」的小食，又稱「紅燈小食」，指脂肪、鹽或糖含量高的食物，建議學生少吃為妙，以免影響健康及妨礙成長。

6.2 此外，含有咖啡因[†]和甜味劑的食物並不建議供應給小學生。因為咖啡因有刺激腦部中樞神經的作用，過量攝取會令人（特別是兒童，因他們分解咖啡因的能力較低）出現心跳加速、手震和影響睡眠的情況。甜味劑提供的熱量雖然微乎其微，但甜度卻十分

[†] 含咖啡因的食物泛指咖啡、奶茶、紅茶、綠茶、添加了咖啡因的運動飲品

高，或會培養兒童嗜甜的口味，而且大部分添加甜味劑食物的營養價值都較低。

6.3 為免學生於小食時間進食過量而影響進食正餐的胃口，每次供應或出售給學生的小食分量不宜多於 **125 千卡[‡]熱量**，飲品方面則以 **250 毫升或以下為佳**。附件一列出提供約 125 千卡的小食分量，若小食部自製或購入散裝的小食時，亦可參考附件一的建議分量供應。

6.4 飲食行為的培養及環境改變需時，學校應按校情計劃如何逐步改善校內飲食環境，例如學校可先考慮禁止在小食部或自動售賣機出售「少選為佳」的小食，進而勸喻學生不要自攜「少選為佳」的小食回校。關注學生健康的人士應以「適宜選擇」的小食取代「限量選擇」及「少選為佳」的小食為最終目標。有關小食分類的營養準則，請參閱本章節及附件二。

[‡] 1 千卡 ≈ 4.2 千焦

😊 「適宜選擇」的小食

6.5 營養素如碳水化合物、蛋白質、膳食纖維、鈣質和其他礦物質或維生素等，對學生的健康和成長十分重要。學校應以「適宜選擇」的小食作為小食部和自動售賣機主要供應的食物，因為這類小食**能為學生提供重要的營養素，同時又含較少脂肪、鹽及糖**，能避免學生過量攝取脂肪、鹽和糖。例如蔬果含豐富的膳食纖維，可令學生產生飽肚的感覺，防止他們過量進食，因而有助減低患上肥胖和心血管疾病的風險；奶類（及其代替品）則含豐富的鈣質，對骨骼和牙齒的健康成長與強化極為重要。學生亦應多選擇此類食物作為小食。

6.6 「適宜選擇」的小食包括以下食物類別：

- 😊 含較少脂肪、鹽及糖的麵包和其他穀物類的食物
- 😊 無添加油、鹽、糖的蔬菜和水果
- 😊 無添加糖的低脂或脫脂奶品類
- 😊 瘦肉及其代替品
- 😊 低糖及低脂飲料

☹️ 「限量選擇」的小食

6.7 儘管這類別的小食有一定的營養價值，但同時亦含較多的脂肪、鹽及糖，因此學校應限制這類小食的供應及推廣。為限制學生進食這類小食，小食部營運商應避免大量供應或放於當眼或方便接觸的地點，好讓學生較容易選購其他「適宜選擇」的小食。以每星期五個上課天計，建議學生進食不多於兩次這類小食。

6.8 校方可以透過限制每週供應日數或設置銷售量上限，來減少這類小食的供應。小食部可在出售地點貼上清晰標誌，清楚區分「適宜選擇」和「限量選擇」的小食種類。

6.9 「限量選擇」的小食包括以下食物類別：

- ☹️ 含較多脂肪、鹽或糖的麵包、餅乾和其他穀物類的食物
- ☹️ 加工和醃製蔬菜
- ☹️ 添加糖分的水果
- ☹️ 全脂或添加糖的奶品類
- ☹️ 加工、醃製或脂肪含量較高的肉類及其代替品
- ☹️ 純果汁

⊖ 「少選為佳」的小食

6.10 強烈不鼓勵在校園出售以下**脂肪、鹽或糖含量高的小食**。常食用脂肪、鹽或糖含量高的小食會增加患上肥胖、心臟病、糖尿病和高血壓的風險。因此，為建立一個健康的校園飲食環境，協助學生培養選擇健康食物的習慣，這類小食不應攜帶返校，亦不應在小食部或自動售賣機出售。

6.11 「少選為佳」的小食包括以下食物類別：

⊖ 高熱量、脂肪、鹽或糖食物

⊖ 高糖或鹽的飲料

6.12 教職人員和小食部營運商對家長和學生應負有責任，不應允許在校內進行「限量選擇」或「少選為佳」小食的推廣活動¹⁹，例如：

- 食品公司籌辦的推廣活動
- 具有直接或間接廣告意圖的學校物資贊助
- 口頭鼓勵對某些食品的消費
- 在顯眼地點放置食品／推廣資訊／品牌名稱和標誌，例如自動售賣機機身廣告等

- 將這些食品送贈予學校、師生或家長
- 將這些食品作為獎勵或獎品

6.13 詳細的小食分類營養準則見附件二。

7. 校園於節日慶祝活動的食物安排

7.1 很多傳統節日也和食物扯上關係，例如復活節的朱古力蛋和中秋節的月餅等。老師或希望於教學活動中介紹節慶食物給學生認識；可是，這些食物不少都屬高脂、高糖或高鹽類別。那麼，學校應否禁止這些食物呢？

7.2 誠然，食物文化和社交意義是應受重視的。根據健康飲食的原則，若選擇進食高脂、高糖或高鹽的食物，我們只宜淺嚐。因此，若學校認為有確實需要在校內向學生介紹甚或安排品嚐這些節慶食物，需注意以下事項：

- 盡量提供較健康的食物選擇，例如中秋節的水果等
- 如安排品嚐高脂、高糖或高鹽的節慶食物：
 - 先向學生說明這些食物的營養價值，才安排進食
 - 提醒學生只可進食少量
 - 以不影響正餐的胃口為原則
- 其他由午膳供應商、小食部和自動售賣機供應的食物，任何時候都必須符合《學生午膳營養指引》和《學生小食營養指引》的營養要求。

8. 促進校園提供健康小食工具簡介

8.1 為協助學校提供健康小食，衛生署開發了以下的工具（附件三）並上載至「健康飲食在校園」運動的專題網站（<http://school.eatsmart.gov.hk>）以供下載：

- 小食營養分類精靈
- 學校小食營養監察簡易手冊
- 學校小食營養監察表格

小食營養分類精靈

8.2 衛生署按小食分類營養準則開發了「小食營養分類精靈」應用程式（網絡版和手機版），以便使用者利用營養標籤的資料為預先包裝小食進行營養分類，作出較健康的選擇。

8.3 網絡版的「小食營養分類精靈」應用程式更備有「總結表」的功能，能作為小食監察的一部份。

學校小食營養監察簡易手冊和學校小食營養監察表格

8.4 透過恆常監察小食部和自動售賣機所提供小食的營養質素，且客觀記錄監察結果，學校便能使用有關數據向營運商反映，確保較健康小食的供應。建議學校每學年進行最少兩次的小食營養監察。《學校小食營養監察簡易手冊》列出詳細有關小食監察的程序和學校小食營養監察表格的應用範例。

9. 給目標使用者的指導

9.1 爲了讓學生建立良好的飲食習慣，我們鼓勵小食部營運商、家長和教職人員緊密合作，共同建立一個有助健康飲食的學校環境。本節旨在向有關人士提供實用提示。

9.2 對於促進學生健康飲食方面擔當重要角色的人士，我們更推薦本指引附件四中所提供的「校園小食供應情況監察表」，作為監察校園推行健康飲食的進度。

給小食部營運商的指導

9.3 為支持校園的健康飲食環境，小食部營運商應

在採購小食時，

- 經常參閱本指引，評估食物的營養價值和出售的數量，選擇健康的小食，避免購入「少選為佳」的小食。如有疑問，應諮詢學校及專業人士的意見。
- 選擇方便攜帶、儲存和保質期較長的食物種類，例如獨立包裝的餅乾條、梳打餅、經超高溫處理的紙盒裝牛奶和包裝的乾果（例如提子乾、西梅乾、杏脯）。這些食品的包裝通常

較小，因此更適合學生食用。

- 仔細閱讀食物標籤(營養標籤、成分、保質期和儲存方法)。
可參考附件五。
- 留意學生飲食喜好的轉變，並嘗試以多元化的健康小食吸引學生。

在出售小食時，

- 僅在午膳時間以外供應小食，避免學生以小食代替午餐。
- 確保所供應小食的分量不足以代替正餐，以免影響學生進食下一正餐的胃口，小食建議食用分量可參考附件一。
- 若小食的分量足以取代午餐，應遵守衛生署的《學生午膳營養指引》。
- 參考相關的食物處理指引來準備、儲藏或出售自製食物²⁰。

在部署營銷和推廣方法時，

- 多吸引學生購買健康小食。例如為「適宜選擇」小食訂出低於其他小食的價格，或用臨時折扣刺激學生嘗試新的健康食品。
- 為消費者，即教職人員、家長和學生，提供有關出售食品和飲料的營養價值最新資訊(至少需提供本指引附件二中所提

供的食品和飲料分類資料)。

- 於顯眼位置或利用標語推廣「適宜選擇」小食，或使用不同容器／貼紙來區分「適宜選擇」和「限量選擇」的小食。
- 舉辦試食環節，讓學生嘗試不同口味的健康小食，作出多元化的選擇。
- 定期與教職人員、家長（家長教師會）和學生溝通，共同促進學生健康。

給教職人員及家長（負責監察校內小食供應）的指導

9.4 為建立校內健康飲食環境，教職人員及家長應在

家校合作方面，

- 通力協作，並在適當的時候諮詢營養專家的意見，發展和制訂學校的健康飲食政策和措施。
- 通知及教育其他教職人員及家長有關健康小食重要性的資訊，並鼓勵他們以身作則和教導學生於合適的時候選用適量的小食。為免影響進食下一正餐的胃口和影響牙齒健康，每次進食（包括正餐和小食）之間最少要相隔 1.5 - 2 小時，而且分量宜小。

- 多與其他教職人員及家長溝通，確保他們能為學生提供正確知識及健康的學習或家庭環境，以助學生培養健康的飲食習慣。
- 鼓勵學生在小息時多做運動，以縮短他們吃小食的時間，避免他們過量進食。

促成健康飲食的環境和文化方面，

- 與小食部營運商合作，共同遵守本指引，並提供健康的小食選擇，以協助鞏固學生的正面飲食行爲。
- 利用學校小食營養監察表格（附件三）和校園小食供應情況監察表（附件四）定期監察小食部／自動售賣機所售賣的小食及校內推行健康飲食的措施。
- 將營養和健康飲食教育元素融入校本課程中，以及相關學習領域／學科的教學大綱，教導學生如何選擇健康的食物。學校可參考「健康飲食在校園」運動的專題網站（<http://school.eatsmart.gov.hk>）內所提供的「營養教育生活事件教材」，教授學生正確的營養知識及相關技能。
- 在學校集會時和活動中宣傳「適宜選擇」的健康小食。
- 讓學生擔任「健康大使」，在校園內推廣健康小食。

- 考慮增加推廣健康小食的活動，提高學生對健康食品的重視和接受程度，例如舉辦五穀週、大豆週、水果月、蔬菜週等，並嘉許實踐健康飲食模式的學生。
- 避免使用食物作為獎賞。
- 禁止「限量選擇」和「少選為佳」的食品在校內的推廣活動（見 6.12 節）。

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11. 鳴謝

- 香港中文大學醫學院健康教育及促進健康中心
- 家庭與學校合作事宜委員會
- Dietetics, Food and Nutritional Sciences，香港大學專業進修學院
- 教育局
- 食物環境衛生署
- 香港肥胖醫學會
- 香港中學校長會
- 香港心臟專科學院
- 香港營養師協會
- 香港教育城
- 香港營養學會
- 醫院管理局
- 香港電台
- 津貼小學議會
- 官立小學校長協會
- 香港資助小學校長會

如對本指引有任何查詢或建議，請電郵至

health_cheuweb@dh.gov.hk。如欲知更多健康方面的資訊，請瀏覽

衛生署健康飲食專題網站 <http://www.eatsmart.gov.hk>，或致電衛生

署健康教育熱線 2833 0111。

衛生署 2014 年 12 月修訂

12. 附件

附件一：小食建議供應分量

縱使是較健康的小食，過量進食也會影響正餐的胃口，並會令我們吸收過多的熱量而增加體重；故建議每次出售小食的分量不宜多於 125 千卡**，飲品方面則以 250 毫升或以下為佳。

下表列出提供約 125 千卡的小食分量，若小食部自製或購入散裝的小食時亦可參考以下的建議分量供應。

食物類別	建議供應分量
穀物類	
餅乾	3-4 塊長方形，4-6 塊圓形
早餐穀物片（不包括牛奶）	1 碗
粟米粒	$\frac{1}{2}$ 碗
芝士多士	1 片方包配 1 片較低脂芝士
花生醬多士	1 片方包配 $1\frac{1}{2}$ 茶匙花生醬
果醬多士	1 片方包配 $1\frac{1}{2}$ 茶匙無添加糖的果醬
火腿三文治	$\frac{1}{2}$ 份，1 片方包配 $\frac{1}{2}$ 件火腿
雞蛋三文治	$\frac{1}{2}$ 份，1 片方包配 $\frac{1}{2}$ 隻雞蛋
吞拿魚沙律三文治	$\frac{1}{2}$ 份，1 片方包配 2 茶匙罐裝水浸吞拿魚和 1 茶匙沙律醬
蔬菜類	
車厘茄	1 碗
田園沙律	1 碗（可添加不多於 1 湯匙的沙律醬）
用作三文治餡料的蔬菜	不限
純蔬菜汁	$\frac{3}{4}$ 杯
水果類	
水果塊	$\frac{1}{2}$ 碗
提子乾	1 湯匙
杏脯	4 件
脫水水果片	$\frac{1}{2}$ 碗
純果汁	$\frac{3}{4}$ 杯
肉、魚、蛋及代替品	
雞蛋	1 隻
豉油雞翼	1 隻
蒸燒賣	3-5 件
蒸餃子	2-3 隻
乾焗原味果仁	2 湯匙

1 茶匙 = 5 毫升，1 湯匙 = 15 毫升，1 杯 = 240 毫升，1 碗 = 250-300 毫升

資料來源：食物安全中心

美國食物暨藥物管理局

衛生署「日日二加三」網頁（http://www.cheu.gov.hk/b5/info/2plus3_14.htm）

** 1 千卡 \approx 4.2 千焦

附件二：小食分類營養準則

食品

使用指引：

- 如小食屬即食預先包裝食物，可根據營養標籤內或成分欄的資料將其分類。
- 如小食是營養資料標籤制度不涵蓋的食品，例如新鮮、散裝和自製的食物，則參考「其他食品」的分類。
- 有關小食供應分量的詳細資料，請參考附件一。

建議每次進食

小食的分量不宜多於 125 千卡^a

飲品方面則以 250 毫升或以下為佳；

不建議供應給小學生含有咖啡因和甜味劑的小食和飲品^b。

食物類別	食物例子	即食的預先包裝食物（附營養標籤）			其他食品（不附營養標籤）		
		少選為佳的小食	限量選擇的小食	適宜選擇的小食	少選為佳的小食	限量選擇的小食	適宜選擇的小食
		符合以下任何一項條件	產品並不符合「少選為佳」小食的條件，但符合以下任何一項條件	符合以下所有的條件	高脂肪、鹽或糖的小食	含較多脂肪、鹽或糖的小食	含較少脂肪、鹽和糖的小食
穀物類	即食的預先包裝食物： <ul style="list-style-type: none"> - 餅乾和脆片 - 蛋糕 - 早餐穀物片和穀物條 - 即食麵 其他食品： <ul style="list-style-type: none"> - 麵包 - 粟米 - 多士 - 三文治 - 散裝餅乾 	每 100 克 <ul style="list-style-type: none"> - 糖分 >15.0 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克 	每 100 克 <ul style="list-style-type: none"> - 糖分 >5.0 克 至 ≤15.0 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克 或 任何餅乾、脆片、早餐穀物和穀物條，符合每 100 克含膳食纖維 ≥3 克和以下任何兩項要求 每 100 克 <ul style="list-style-type: none"> - 糖分 >5.0 克 至 ≤15.0 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克 	每 100 克 <ul style="list-style-type: none"> - 糖分 ≤5.0 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克 	<ul style="list-style-type: none"> - 夾心餅 - 牛油粟米 - 油炸的穀物類食物，例如炸薯條、炸冬甩 - 塗上牛油／煉奶／添加糖的果醬多士 - 蛋糕 	<ul style="list-style-type: none"> - 原味餅乾 - 無添加糖的果醬多士 - 火腿三文治 	<ul style="list-style-type: none"> - 白麵包、全麥麵包、提子包 - 烱粟米 - 花生醬多士 - 雞蛋三文治 - 吞拿魚沙律三文治
蔬菜類	即食的預先包裝食物： <ul style="list-style-type: none"> - 紫菜 - 青豆 其他食品： <ul style="list-style-type: none"> - 新鮮蔬菜 	每 100 克 <ul style="list-style-type: none"> - 糖分 >15.0 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克 	每 100 克 <ul style="list-style-type: none"> - 糖分 >5.0 克 至 ≤15.0 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克 	每 100 克 <ul style="list-style-type: none"> - 糖分 ≤5.0 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克 	-	-	<ul style="list-style-type: none"> - 新鮮蔬菜，例如車厘茄 - 田園沙律（可配上少量的沙律醬）

水果類	即食的預先包裝食物： - 乾果 - 罐裝水果 - 水果片 其他食品： - 新鮮水果 - 散裝乾果	每 100 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克	添加糖分 ^c ： 每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加糖分 ^c 每 100 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克	-	- 添加糖分的乾果	- 新鮮水果 - 無添加糖分的乾果
肉、魚、蛋及代替品	即食的預先包裝食物： - 魚肉腸 - 牛肉和豬肉乾 - 魷魚絲 - 豆腐花 其他食品： - 雞蛋 - 雞翼 - 燒賣、餃子等點心	每 100 克 - 糖分 >15.0 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克	每 100 克 - 糖分 >5.0 克 至 ≤15.0 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 糖分 ≤5.0 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克	- 油炸的肉類食物，例如炸雞翼、炸魚柳和魚蛋	- 豉油雞翼 - 蒸的點心，例如餃子、燒賣	- 焗雞蛋
果仁類	即食的預先包裝食物： - 果仁 其他食品： - 散裝果仁	每 100 克 - 糖分 >15.0 克 - 鈉質 >600 毫克	添加油分 ^c 每 100 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加油分 ^c 每 100 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克	-	- 添加鹽的果仁	- 乾焗原味果仁
栗子 ^d	即食的預先包裝食物： - 栗子	每 100 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克	添加糖分 ^c 每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加糖分 ^c 每 100 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克	-	-	-
奶品類	即食的預先包裝食物： - 乳酪	不適用	添加糖分 ^c 每 100 克 - 總脂肪 >3.0 克	無添加糖分 ^c 每 100 克 - 總脂肪 ≤3 克	-	-	-
油、鹽、糖類	即食的預先包裝食物： - 糖果、朱古力 其他食品： - 牛油	每 100 克 - 糖分 >15.0 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克	每 100 克 - 糖分 >5.0 克 至 ≤15.0 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 糖分 ≤5.0 克 - 總脂肪 ≤3 克 - 鈉質 ≤120 毫克	- 牛油	-	不含反式脂肪的植物牛油

^a 1 千卡 ≈ 4.2 千焦

^b 含咖啡因的食物泛指咖啡、奶茶、紅茶、綠茶、添加了咖啡因的運動飲品。

^c 可從「成分」欄判斷食品是否含有添加的油、鹽或糖。按法例規定，食品標籤上的「成分」欄，又稱「配料」、「成分組合」、「用料」或其他有類似含意的詞語，需按於包裝時使用的重量或體積，以由多至少的次序列出各項材料。

^d 栗子本是屬果仁類，但有別於一般果仁含有約百分之四十的脂肪，只含脂肪不多於百分之三，且含天然存在的糖分，所以果仁類的營養分類準則並不適用於栗子。

飲品

建議每次進食
小食的分量不宜多於 125 千卡^a
飲品方面則以 250 毫升或以下為佳；

不建議供應給小學生含有咖啡因和甜味劑的小食和飲品^b。

飲料類別	少選為佳的小食 符合以下 <u>任何一項</u> 條件	限量選擇的小食 產品並不符合「少選為佳」小食 的條件，但符合以下 <u>任何一項</u> 條件	適宜選擇的小食 符合以下 <u>所有</u> 的條件
- 牛奶（包括以牛奶為主的乳酪飲料 ^c ）	不適用	添加糖分 ^d 每 100 毫升 - 總脂肪 >1.5 克	無添加糖分 ^d 每 100 毫升 - 總脂肪 ≤1.5 克
- 乳酪飲料 ^e （包括乳酸菌飲料） - 豆漿 - 中式／草本飲料	每 100 毫升 - 糖分 >7.5 克	每 100 毫升 - 糖分 >5.0 克 至 ≤7.5 克 - 總脂肪 >1.5 克	每 100 毫升 - 糖分 ≤5.0 克 - 總脂肪 ≤1.5 克
- 果汁	添加糖分 ^d	無添加糖分 ^d	不適用
- 蔬菜汁 - 其他飲料	每 100 毫升 - 糖分 >7.5 克 - 鈉質 >600 毫克	每 100 毫升 - 糖分 >5.0 克 至 ≤7.5 克 - 總脂肪 >1.5 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 毫升 - 糖分 ≤5.0 克 - 總脂肪 ≤1.5 克 - 鈉質 ≤120 毫克

^a 1 千卡 ≈ 4.2 千焦

^b 含咖啡因的食物泛指咖啡、奶茶、紅茶、綠茶、添加了咖啡因的運動飲品。

^c 以牛奶為主的乳酪飲料，指產品所含的牛奶成分在成分欄首兩位。

^d 可從「成分」欄判斷食品是否含有添加的油、鹽或糖。按法例規定，食品標籤上的「成分」欄，又稱「配料」、「成分組合」、「用料」或其他有類似含意的詞語，需按於包裝時使用的重量或體積，以由多至少的次序列出各項材料。

^e 乳酪飲料，指產品所含的牛奶成分並不在成分欄首兩位。

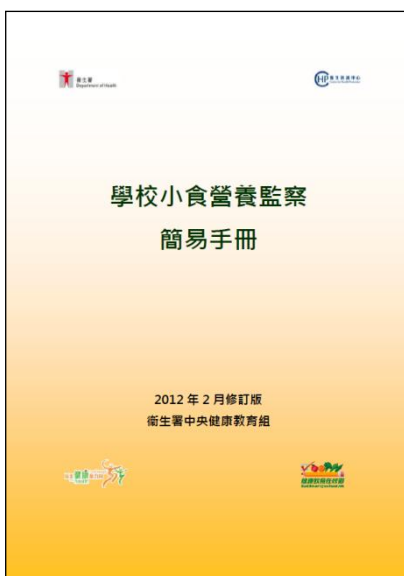
附件三：促進校園提供健康小食的工具



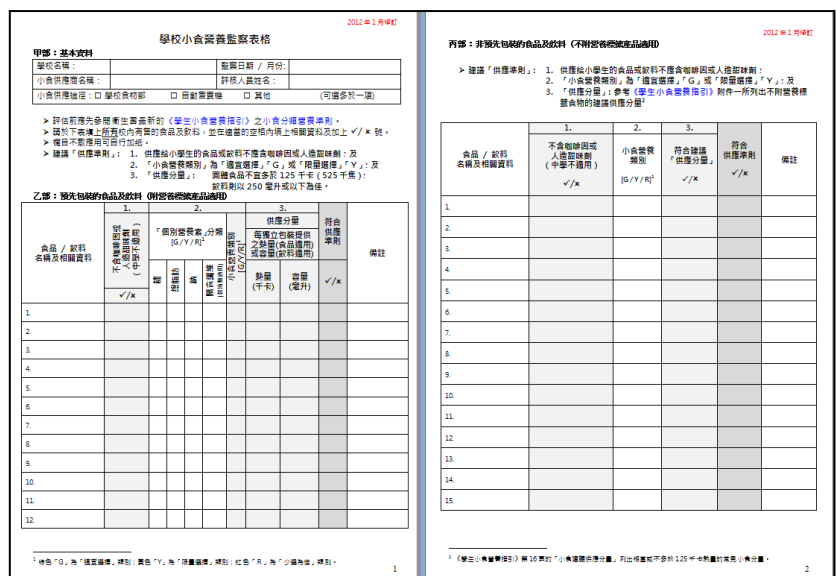
小食營養分類精靈：

網絡版

手機版



學校小食營養監察簡易手冊



學校小食營養監察表格

附件四：校園小食供應情況監察表

此監察表有助監察校內小食部或自動售賣機所提供小食的營養價值，以及量度校內建立健康飲食環境的進度。若在此表第二及第三部分答「是」越多，代表學校在促進健康小食方面的表現越好。

1. 請在適當的空格加上 ✓ 號：

學生可在校內以下地方購買小食： 學校小食部 自動售賣機 以上兩處

請在適當的空格加上 ✓ 號，如答「否」，請考慮改善現有情況的行動。

2. 健康小食的供應	是	否	不知道	即將採取的行動 (請參考本指引 9.3 節)
a. 小食的供應是否只限於午膳以外的時段，以避免學生不吃午餐？				
b. 所有的小食是否參考附件一的建議分量出售？				
c. 小食部或自動售賣機是否沒有出售「少選為佳」的小食？				
d. 「限量選擇」小食的每週供應日子或數量是否有限制？				
e. 小食售賣處有否貼上清晰的提示，建議消費者進食「限量選擇」的小食時，要適可而止？				
f. 「適宜選擇」的小食是否在小食部或自動售賣機有售？				
g. 「適宜選擇」的小食價格是否總體上低於其他的小食？				

校園小食供應情況監察表（續）

3. 學校/小食部活動	是	否	不知道	
a. 家長、學生是否一起參與制訂學校的健康飲食政策？				
b. 所有有關「少選為佳」或「限量選擇」小食的促銷或推廣活動，是否在校內全面禁止？（請參考本指引 6.12 節）				
c. 有否嘉許選食「適宜選擇」小食的學生？				
d. 小食部是否清楚區分「適宜選擇」的小食與「限量選擇」的小食，以幫助學生選擇較健康的小食？				
e. 校內有否舉辦健康小食的推廣活動，如五穀週、大豆週、水果月、蔬菜週等？				
f. 有否將營養和健康飲食教育元素融入校本課程中，以及相關學習領域／學科的教學大綱，教導學生如何選擇健康的食物？				

附件五：食物標籤簡介

成分

食品標籤上的「成分」欄又稱「配料」、「成分組合」、「用料」或其他有類似含意的詞語，根據食品各項材料，按其於包裝時使用的重量或體積，以由多至少的次序列明。「成分」欄內容需符合法例規定，因此，消費者可利用顯示的資料，如鹽、油、糖的排列位置，比較同類食品的鹽、油、糖含量。以下例子列出不同橙汁的「成分」。

成分：
水、大豆、燕麥、糖、磷酸三鈣、
乳化劑及穩定劑(460 及 466)、鹽、
酸度調節劑(500)、調味劑

一盒 250 毫升豆奶的
「成分」欄樣本

紅、黃、綠橙汁的「成分」欄樣本

成分：
100% 橙汁還原、維生素 C

「限量選擇」橙汁：無添加糖分

成分：
水、濃縮橙汁、糖、果肉、酸度調
節劑(330)、防腐劑(202)、維生素 C、
天然色素(160a)、維生素 E

「少選為佳」橙汁：含添加糖分

營養標籤

由食物環境衛生署負責執行的營養資料標籤制度於 2010 年 7 月 1 日生效，所有預先包裝食物都必須加上附有熱量及七種核心營養素（即蛋白質、碳水化合物、總脂肪、飽和脂肪、反式脂肪、鈉及糖）的營養標籤。營養標籤能讓市民更了解食物的營養價值，繼而可與同類食物比較，幫助消費者作出較健康的選擇。有關營養標籤制度的詳情，請參閱食物環境衛生署轄下的食物安全中心網頁（<http://www.cfs.gov.hk>）。

營養標籤是指以標準格式列出食物的營養素成分，有關資料通常以表列形式顯示。

Nutrition Information 營養資料		
Serving Per Packet: 5	每容器份量數目: 5	
Serving Size: 20g	食用分量: 20克	
	Per 100 g 每100克	Per Serving 每食用分量
Energy 總熱量	420 kcal	84 kcal
Protein 蛋白質	10 g	2 g
Total Fat 總脂肪	20 g	3 g
Saturated Fat 飽和脂肪	10 g	1 g
Trans Fat 反式脂肪	8 g	0 g
Carbohydrate 碳水化合物	50 g	10 g
Sugar 糖	10 g	2 g
Sodium 鈉	900 mg	180 mg
Dietary Fibre 膳食纖維	2 g	0.4 g

一包 100 克餅乾的「營養標籤」樣本

部分資料來源：食物環境衛生署

1. Background

1.1 Healthy eating is essential for student’s growth and prevention of obesity and long term health problems such as heart disease, cancer and diabetes. However, for a number of reasons, healthy eating is not commonly practised among local students.¹ Excessive consumption of high energy snacks or drinks, and lack of exercise can lead to overweight. The Department of Health (DH) has recorded a rising trend of overweight and obesity among primary school students, from 16.4% in 1997/98 to 22.2% in 2008/9. Although this rising trend has slowed down in recent years, the overweight and obesity rate in the school year 2012/13 remained at a considerable level of 20.8% (See Figure 1). That is to say, one in five school students is overweight or obese.

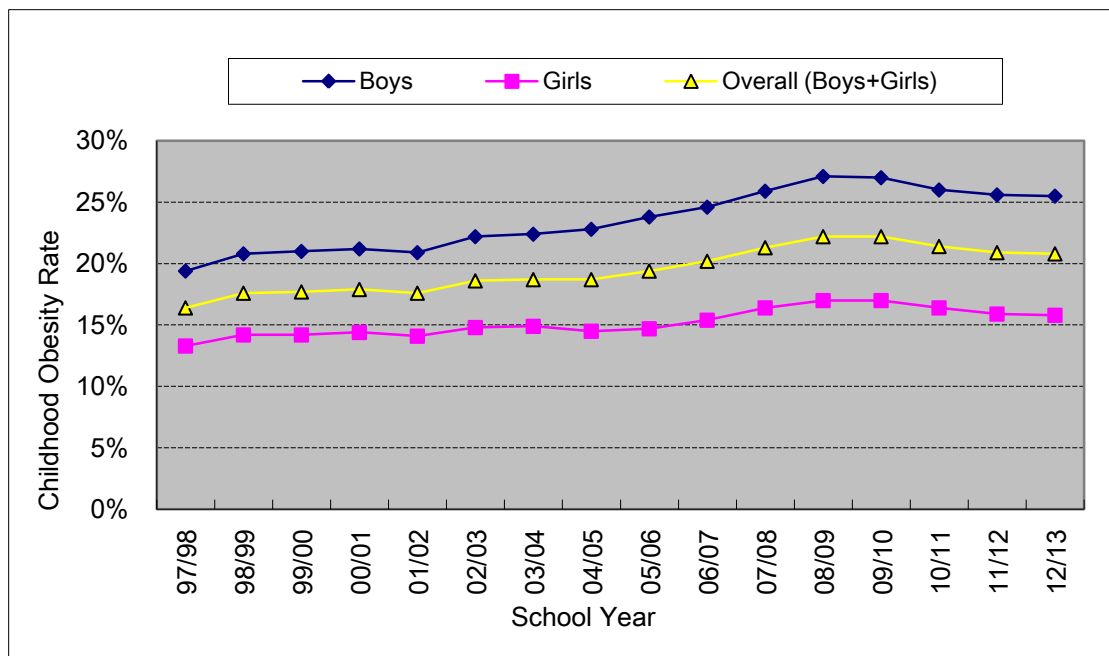


Figure 1. Obesity Rate of Hong Kong Primary School Students

(Source: Student Health Service, DH)

1.2 Children spend a great deal of time in school daily. Thus, the teaching, environment and culture in schools have long lasting impact on the eating habits of the children. The role of parents is equally important, not only in co-operating with the teaching in schools, but also in educating children about healthy food choices and healthy eating practice, and acting as role models of children.

1.3 DH worked with the Education Bureau, the Food and Environmental Hygiene Department (FEHD), the education sector, professional bodies and concern groups to launch the “EatSmart@school.hk” Campaign in the school year 2006/07. Through the realisation of healthy eating habits, healthy lunch and food items in schools, nutrition education and other strategies, the campaign aims to improve children’s eating habits and help them grow healthily, thus laying a good foundation for their whole-person development and life-long learning.

2. Healthy 'Snacks' at Schools

2.1 'Snack' is defined as a small amount of food or drinks taken between main meals. Healthy snacking is a part of a child's dietary pattern and contributes positively to growth and development. Due to children's small stomach capacity and high activity level, some children may not be able to obtain adequate energy and nutrients from the three main meals of the day for compensating their daily expenditure. The proper consumption of healthy snacks, therefore, can help the supplementation of energy and nutrient requirements. Aptly taken, healthy snacks should not affect the appetite of children for the next main meal. In addition, to reduce the risk of tooth decay, children should limit snacks to once between the main meals, and drink only water at all other times.

2.2 In the drive to promote healthy snacks at school, it is critical to educate students about healthy food choices and provide a healthy eating environment which makes healthy choices easier. Instead of prohibiting students from snacking, they should be guided to make wise choices in accordance with the nutritional quality and quantity of snacks consumed. Overseas experiences have shown that through the concerted effort of school personnel, teachers, parents and tuck shop operators, students' consumption of healthy snacks could be increased.²⁻⁶

2.3 Unfortunately, a study showed that most snacks sold in schools' tuck shops are high in fat, salt or sugar.¹ These high-fat, salt or sugary snacks could hinder students' ability to obtain adequate nutrients for growth and development, and adversely affect their health. At the same time, DH notes that in recent years, food vending machines are replacing some part of tuck shop operation. Students are able to choose and buy food without proper guidance and monitoring. Thus, it becomes more important that schools, parents and snacks suppliers join force to create an ideal nutritional environment in schools.

2.4 In view of the above, DH issued the *Nutritional Guidelines on Snacks for Primary School Students* (the Guidelines) in 2006. This guides principals, teachers, parents and operators of tuck shop/vending machines to make healthier food choices for children, thus protecting children's health.

3. Purpose

3.1. In line with the recommendations made by the World Health Organization, the objectives of the Guidelines are to help children:

- achieve energy balance and a healthy weight
- increase consumption of fruits and vegetables
- limit intake of total fats
- limit intake of sugar
- limit intake of salt (sodium)

4. Users of the Guidelines

4.1 A tuck shop or vending machine is not an essential establishment in a school. When a school decides whether to operate a tuck shop and/or vending machine, it must, at the same time, understand the possible health effects caused by these facilities to students so that maximal protection can be provided to them.

4.2 For **schools that operate a tuck shop and/or vending machine**, we suggest the following persons to evaluate the nutritional impact of different snacks on health and decide whether these food and drink items should be sold by referring to section 6 of the Guidelines:

- Tuck shop/vending machine operators; and
- School personnel and parents who are responsible for monitoring the supply of snacks at school.

4.3 For **schools without tuck shops or vending machines**, school personnel and parents can guide children to consume healthy snacks in appropriate amounts by making reference to section 6 of the Guidelines or browsing educational materials on healthy snacks, which are available from the thematic website of “EatSmart@school.hk” Campaign at <http://school.eatsmart.gov.hk>.

5. About the Guidelines

5.1 The Guidelines was released in June 2006. Making reference to overseas experiences⁷⁻¹⁶ and local situations, the Guidelines were developed in consultation with various government departments, professional bodies, the school sector and parent representatives. The Guidelines focused on the **nutritional value** of food and drink items to be taken by students in the school setting which could be brought from home, bought from the market, school tuck shops or vending machines. They provided **practical guidance** for tuck shop operators, parents and school personnel in determining the types of food and drink items to be allowed and promoted in the school environment for the benefit of children's health.

5.2 With the Nutrition Labelling Scheme coming into force on 1st July 2010, except for exemption products, pre-packaged food items are required to bear nutrition labels to show the content information of energy and nutrients. To assist tuck shop operators, parents and schools to make healthier choices, DH has developed a set of nutritional criteria for snack classification after taking into consideration relevant experiences¹⁷⁻¹⁸ and views of various government departments and professional bodies*.

* Involved government departments and professional bodies are

- Dietetics, Food and Nutritional Sciences, HKU School of Professional and Continuing Education
- FEHD
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Hospital Authority


5.3 To bring the Guidelines up to date and meet operation needs, DH collected comments from various channels and revised the Guidelines in June 2009 and December 2010 respectively. In revising the Guidelines in December 2010, DH enriched the contents to cover secondary schools, the Guidelines was thus renamed *Nutritional Guidelines on Snacks for Students*. This is now the 3rd revised version in December 2014.


5.4 Additions in this revised edition include:


- new chapter: “Food Arrangement during Festival Seasons at Schools”
- new chapter: “A Brief Introduction of the ‘Tools for Promotion of Healthy Snacks in Schools’”

6. Guidelines on Snack Classification

6.1 This section provides a framework for classifying food and drinks into three main categories according to their health effect. Traffic light colours (red, yellow and green) are used to denote each category of food to make them more readily recognisable.

 **Snacks of Choice**, also known as ‘Green Light Snacks’, contain less fat, salt and sugar. Most of them are fresh produce. Students are encouraged to choose snacks from this category.

 **Snacks to Choose in Moderation**, also known as ‘Yellow Light Snacks’, contain more fat, salt and sugar. Students should limit the frequency of consuming snacks from this category.

 **Snacks to Choose Less**, also known as ‘Red Light Snacks’, are high in fat, salt or sugar. To minimize the adverse impact on health and growth, students should eat the least of such food items.

6.2 Furthermore, food items containing caffeine[†] and sweeteners are not recommended for primary school students. This is because caffeine can stimulate the central nervous system and excessive intake (especially children whose ability to break down caffeine is lower) may lead to fast heartbeat, hand tremor and disturbed sleep. Although artificial sweeteners provide little energy content, their sweetness potencies are high which may promote craving for sweet food in children. In addition, most of the food items containing sweeteners are of relatively low nutritional value.

[†] Food items containing caffeine are in general referred to coffee, milk tea, black tea, green tea, sports drinks with added caffeine

6.3 To avoid affecting students' appetite for main meals, **snacks should be provided or sold in no more than 125 kcal[‡] of energy per package, while drinks to 250 ml or less.** Appendix 1 provides a list of serving sizes of food items providing 125 kcal of energy. Tuck shops may also refer to Appendix 1 for the recommended serving size of self-made or bulk-packed food items.






6.4 Since behavioural and environmental changes take time to establish, schools should implement school-based action plans to improve the school's nutritional environment in phase. For example, schools may first consider banning the sale of 'Snacks to Choose Less' items in tuck shops and vending machines, followed by advising students not to bring food items from this category back to schools. For parties interested in the welfare of students, their eventual goal is to replace 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' with 'Snacks of Choice' in the school environment. For details of the nutritional criteria for snack classification, please refer to the following parts of this section and Appendix 2.

[‡] 1 kcal \approx 4.2 kJ

Snacks of Choice

6.5 Nutrients such as carbohydrate, protein, dietary fibre, calcium and other minerals or vitamins are vital to students' health and growth. School tuck shops and vending machines should primarily supply 'Snacks of Choice' food items as they can **provide students with important nutrients and contain less fat, salt and sugar**. This can prevent students from consuming excessive amount of fat, salt and sugar. For instance, fruit and vegetables are rich in dietary fibre, which can prevent overeating by giving children a sense of fullness and help reduce their risk of developing obesity and cardiovascular diseases; milk (and its alternatives) are rich in calcium which is essential for heavy bone and teeth growth. Students are encouraged to select snacks from this category.

6.6 'Snacks of Choice' food items include the following categories:

-  Bread and grains with less fat, salt or sugar content
-  Fruit and vegetables without added oil, salt or sugar
-  Low-fat/skimmed dairy products without added sugar
-  Lean meat and its alternatives
-  Low-sugar and low-fat drinks

Snacks to Choose in Moderation

6.7 Schools should limit the supply and promotion of these food items which, **despite their nutritional value, are high in fat, salt and sugar content**. To limit their consumption and gear students to pick the ‘Snacks of Choice’, these food items should not be abundantly supplied to or easily accessed by students. Students are recommended to consume these snacks **no more than twice in a week of five school days**.

6.8 Supply of snack choices in this category can be checked by limiting the number of days they can be sold in a week or capping the sales volume. Where snacks in this category are offered for sale, tuck shop operators should clearly distinguish ‘Snacks of Choice’ from ‘Snacks to Choose in Moderation’ by clear signage at the point of sale.



6.9 'Snacks to Choose in Moderation' food items include the following categories:

- ☹️ Bread, biscuits and grains with higher fat, salt or sugar content
- ☹️ Processed and preserved vegetables
- ☹️ Fruit with added sugar
- ☹️ Whole fat or sugar-added dairy products
- ☹️ Processed/preserved meat, meat with higher fat content and their substitutes
- ☹️ Pure fruit juice

Snacks to Choose Less

6.10 The following items are strongly discouraged in the school setting as they are **high in fat, salt and sugar content**. Frequent consumption of snacks high in fat, salt or sugar increases the risk of developing obesity, heart disease, diabetes and high blood pressure. To establish a healthy eating environment in schools and help students develop healthy eating habits, these items should not be brought to school, or made available for sale from tuck shops or vending machines.

6.11 'Snacks to Choose Less' food items include the following categories:

-  Energy-dense, high-fat, high-salt and high-sugar food;
-  Drinks high in sugar or salt

6.12 School personnel and tuck shop operators owe a duty to parents and students by not allowing activities or actions that promote 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' in the school environment including¹⁹:

- Promotional activities organised by food companies
- Sponsorship of school materials achieving a direct/an indirect advertising intention
- Verbal encouragement of consumption of certain food

items

- Placing of food items/promotional messages/brand names and logos at prominent locations, such as advertising on the vending machines
- Offering of these food items as gifts to schools, teachers, students or parents
- Using of these food items as awards or prizes

6.13 Details of the nutritional criteria for snack classification are shown in Appendix 2.

7. Food Arrangement During Festival Seasons at Schools

7.1 There are plenty of examples where traditional festivals are linked to food, such as chocolate eggs with Easter and mooncakes with the mid-Autumn festival. From time to time, teachers may wish to introduce these festive foods to students as part of their learning activities, but are caught in a dilemma because many of these food items are high in fat, sugar or salt. Should schools prohibit these festive food items?

7.2 Undeniably, the cultural and social meanings of food should be duly considered. According to the healthy eating principle, if we choose food items that are high in fat, sugar or salt, we should have them in small amount. Therefore, if schools consider there a need to introduce or consume such festive foods at school, please take note of the following recommendations:

- provide other alternative healthier choices if available, such as fruits in mid-Autumn festival
- if fatty, sugary or salty festive food items are served:
 - explain the nutritional value of the food items before serving to students
 - remind the students to take in small amount
 - serve the food items at a time not to affect the appetite for regular meals
- food supplied by lunch suppliers, tuck shops and vending machines should always be in compliance with the Nutritional Guidelines on Lunch for Students and the Nutritional Guidelines on Snacks for Students

8. A Brief Introduction of the ‘Tools for Promotion of Healthy Snacks in Schools’

8.1 In order to assist schools in providing healthy snacks, DH has developed the tools below (Appendix 3), which are now readily available at the thematic website of the “EatSmart@school.hk” Campaign (<http://school.eatsmart.gov.hk/>) for downloading:

- Snack Nutritional Classification Wizard
- Snack Monitoring Manual
- Snack Monitoring Form

Snack Nutritional Classification Wizard

8.2 To assist users in making healthier options for pre-packaged snacks using the information in the nutrition labels, DH has developed an application named “Snack Nutritional Classification Wizard” (Web and Mobile Version) based on the nutritional criteria for snack classification.

8.3 “Summary table” will also be available in the Web Version as part of the snack monitoring.

Snack Monitoring Manual and Snack Monitoring Form

8.7 If you can monitor regularly the nutritional value of snacks provided by tuck shops/vending machines and record your observations in an objective manner, the schools can reflect their opinions to operators with support by figures. This can help to ensure the provision of healthy snacks in school. The schools are advised to conduct a snack monitoring at least twice each school year. The *Snack Monitoring Manual* lists out the procedures and examples of how to fill in the Snack Monitoring Form and the follow up actions.

9. Guidance for Target Users

9.1 To enable students to adopt good dietary practices at school, tuck shop operators, parents and school personnel are encouraged to work closely together to build a supportive school environment. This section of the Guidelines provides practical tips for the stakeholders concerned.

9.2 As part of their key roles in promoting healthy eating among children, the stakeholders are encouraged to monitor the progress in building and sustaining a healthy eating environment in the school by making use of the 'Checklist on Snack Provision in Schools' in Appendix 4.

Guidance for Tuck Shop Operators

9.3 To support healthy eating environment in schools, tuck shop operators should:

When purchasing snacks,

- Always evaluate the nutritional quality and quantity of food to be sold by referring to the Guidelines; select healthy snacks and avoid the sale of 'Snacks to Choose Less'. If in doubt, consult the school and professionals for advice;
- Select food items that are convenient to carry, easy to store and more durable, such as individually packaged biscuit sticks

and soda crackers, tetra-packed UHT (ultra-high temperature) milk and pre-packed dried fruit (e.g. raisins, pitted prunes and apricots). Coincidentally, they often come in smaller serving sizes which are more suitable for students;

- Read food labels (nutrition labels, ingredients, shelf-life and storage methods) carefully. Please refer to Appendix 5;
- Pay attention to shifts in students' preferences. Make frequent adjustments to the variety of healthy snacks to appeal to students' changing preferences.

When selling snacks,

- Only provide snacks outside lunch hours to avoid students skipping lunch;
- Ensure that the portion of snack provided is not large enough to replace a normal main meal so that the appetite of students for the next meal will not be taken away. Please refer to Appendix 1 for the recommended serving size of snacks;
- Follow the *Nutritional Guidelines on School Lunch for Students* issued by DH if the portion size of a snack is comparable to or intended to replace a main meal;
- Refer to relevant food handling guidelines²⁰ when preparing, storing or selling self-made food.

When deploying marketing and promotion methods,

- Attract students to buy healthy snacks. For example, price 'Snacks of Choice' lower than other food items or use temporary discounts to motivate students to try new healthy products;
- Provide consumers, namely school personnel, parents and students, with updated information on the nutritional value (at least the categorisation specified in Appendix 2 of all food and drink items to be sold in the school setting);
- Place 'Snacks of Choice' in prominent locations and/or put up signage to promote them, or use different containers/stickers to distinguish 'Snacks of Choice' from 'Snacks to Choose in Moderation'
- Organise tasting sessions for students to try healthy choices;
- Regularly communicate with school personnel, parents (Parents and Teachers Associations) and students to work together for the sake of children's health.

Guidance for School Personnel and Parents (who are Responsible for Monitoring the Supply of Snacks at School)

9.4 To establish a healthy eating environment at school, school personnel and parents should:

For home-school co-operation,

- Work together and, where appropriate, consult nutrition

experts to develop and promulgate a healthy eating policy and measures for the school;

- Inform and educate other school personnel and parents about the importance of healthy snacks. Encourage them to act as role models and to teach students the right time for right portion of snacks. To prevent spoiling the appetite of children for the next meal and affecting dental health, a time lag of at least 1.5-2 hours should be kept between two intakes (including main meal or snack) and the portion should be small;
- Regularly communicate with other school personnel and parents to ensure that they can impart accurate information to and provide a healthy learning or family environment for student's development of healthy eating habits;
- Encourage students to be more physically active during recess to shorten snacking time and avoid overeating.

In establishing the environment and culture on healthy eating,

- Work with tuck shop operators to comply with this Guidelines and offer healthy snack choices to help children consolidate their positive eating behaviour;
- Make use of the 'Snack Monitoring Form' (Appendix 3) and the 'Checklist on Snack Provision in Schools' (Appendix 4) to regularly monitor snacks sold in tuck shop/vending machine and measures taken by the school to promote healthy eating;

- Incorporate elements of nutrition and healthy eating into the school curriculum and related subjects to educate students about healthy choices. Schools can also provide accurate nutritional information and related skills for children by making reference to the 'Nutritional Teaching Kits' available from the thematic website of 'EatSmart@school.hk' Campaign (<http://school.eatsmart.gov.hk>);
- Promote 'Snacks of Choice' during school assembly and activities;
- Recruit students as 'Health Ambassadors' for promoting healthy snacks at school;
- Consider mounting promotional campaigns of healthy snacks to raise children's awareness and receptiveness of healthy food items, e.g. cereal week, soy week, fruit month, vegetable week, and give recognition to healthy snacking behaviour among students;
- Avoid using food as reward;
- Prohibit promotional activities in the school for food items belonging to 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' (see section 6.12).

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11. Acknowledgements

- Centre for Health Education and Health Promotion, Faculty of Medicine, The Chinese University of Hong Kong
- Committee on Home-School Co-operation
- Dietetics, Food and Nutritional Sciences, HKU School of Professional and Continuing Education
- Education Bureau
- Food and Environmental Hygiene Department
- Hong Kong Association for the Study of Obesity
- Hong Kong Association of the Heads of Secondary Schools
- Hong Kong College of Cardiology
- Hong Kong Dietitians Association
- Hong Kong Education City
- Hong Kong Nutrition Association
- Hospital Authority
- Radio Television Hong Kong
- The Subsidized Primary Schools Council
- Union of Government Primary School Headmasters and Headmistresses
- Union of Heads of Aided Primary Schools of Hong Kong

For enquiries or suggestions on the Guidelines, please email us at health_cheuweb@dh.gov.hk. For more health information, please visit the “EatSmart Website” of DH at <http://www.eatsmart.gov.hk> or call the Health Education Hotline of DH (2833 0111).

Revised by DH, December 2014

12. Appendices

Appendix 1: Recommended Serving Size for Snacks

Despite healthier snacks, over-consumption can still upset students' appetite, leading to excessive intake of energy and weight gain. Therefore, it is recommended to provide or sell **snacks in no more than 125kcal[§] of energy and drinks to 250ml or less.**

The table below lists out the amount of snacks providing about 125kcal of energy. Tuck shops may refer to the serving sizes recommended below when selling snacks.

Type of Food	Recommended Serving Size
Grains	
Biscuits	3-4 rectangular biscuits, 4-6 round biscuits
Breakfast cereals (without milk)	1 bowl
Corn kernels	$\frac{1}{2}$ bowl
Toast with cheese	1 slice of bread with 1 slice of reduced-fat cheese
Toast with peanut butter	1 slice of bread with $1\frac{1}{2}$ teaspoons of peanut butter
Toast with jam	1 slice of bread with $1\frac{1}{2}$ teaspoons of jam without added sugar
Ham sandwich	Half portion, 1 slice of bread with $\frac{1}{2}$ piece of ham
Egg sandwich	Half portion, 1 slice of bread with $\frac{1}{2}$ piece of egg
Tuna salad sandwich	Half portion, 1 slice of bread with 2 teaspoons of tuna canned in water and 1 teaspoon of salad dressing
Vegetables	
Cherry tomato	1 bowl
Green salad	1 bowl (with 1 tablespoon of salad dressing if preferred)
Vegetables using as sandwich filling	No limit
Pure vegetable juice	$\frac{3}{4}$ glass

[§] 1kcal \approx 4.2kJ

Type of Food	Recommended Serving Size
Fruits	
Fruit cuts	$\frac{1}{2}$ bowl
Raisins	1 tablespoon
Dried apricot	4 pieces
Dehydrated fruit chips	$\frac{1}{2}$ bowl
Pure fruit juice	$\frac{3}{4}$ glass
Meat, fish, egg and alternatives	
Egg	1 piece
Chicken wing in soy sauce	1 piece
Steamed 'siu mai'	3-5 pieces
Steamed dumpling	2-3 pieces
Dry roasted plain nuts	2 tablespoons

1 teaspoon = 5ml, 1 tablespoon = 15ml, 1 glass = 240 ml, 1 bowl = 250 – 300ml

Source: Centre for Food safety

U.S. Food and Drug Administration

The '2 plus 3' website of DH (http://www.cheu.gov.hk/b5/info/2plus3_14.htm)

Appendix 2: Nutritional Criteria for Snack Classification

Food

Instruction for Use:

- Classify ready-to-eat and pre-packaged snacks according to the nutrition label and ingredient list;
- Classify snacks that is not covered in the nutritional labeling scheme, e.g. fresh, bulk-packed and self-prepared food, according to 'Other food';
- Please refer to Appendix 1 for the details of serving size of snacks.

It is recommended to provide or sell snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.

Snacks and drinks containing caffeine and sweeteners ^b **are not recommended to primary school students**

Type of Food	Examples of food products	Ready-to-eat pre-packaged food (with nutrition label)			Other food (without nutrition label)		
		Snacks to Choose Less	Snacks to Choose in Moderation	Snacks to Choose More	Snacks to Choose Less	Snacks to Choose in Moderation	Snacks to Choose More
		<i>Meets <u>ANY</u> of the following criteria</i>	<i>Any items that fails the 'Snacks to Choose Less' (Red) criteria, and meets <u>ANY</u> of the following criteria</i>	<i>Meets <u>ALL</u> of the following criteria</i>	<i>Snacks are high in fat, salt or sugar</i>	<i>Snacks contain more fat, salt and sugar</i>	<i>Snacks contain less fat, salt and sugar</i>
Grains	Ready-to-eat pre-packaged food: <ul style="list-style-type: none"> - Biscuits, crackers, chips and crisps - Cake - Breakfast cereals and cereal bar - Instant noodles Other food: <ul style="list-style-type: none"> - Bread - Corn - Toast - Sandwich - Biscuits in bulk purchase 	Per 100g <ul style="list-style-type: none"> - >15.0g of sugar - >20.0g of total fat - >600mg of sodium 	Per 100g <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium <p style="text-align: center;">OR</p> Any biscuits, crackers, breakfast cereals and cereal bar contain dietary fibre ≥3g/100g and meet two of the following criteria: <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium 	Per 100g <ul style="list-style-type: none"> - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium 	<ul style="list-style-type: none"> - Sandwich biscuits - Corn kernels with butter - Fried grains, e.g. French fries, donut - Toast with butter, condensed milk or jam with added sugar 	<ul style="list-style-type: none"> - Plain biscuits - Toast with jam without added sugar - Ham sandwich 	<ul style="list-style-type: none"> - White bread, whole-wheat bread, raisin bread - Boiled corn - Toast with peanut butter - Egg sandwich - Tuna salad sandwich

Vegetables	Ready-to-eat pre-packaged food: - Seaweed - Green peas Other food: - Fresh vegetables	Per 100g - >15.0g of sugar - >20.0g of total fat - >600mg of sodium	Per 100g - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	Per 100g - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium	-	-	- Fresh vegetables, e.g. cherry tomato - Green salad (with minimal amount of salad dressing if preferred)
Fruits	Ready-to-eat pre-packaged food: - Dried fruit - Canned fruit - Fruit chips Other food: - Fresh fruit - Bulk-packed dried fruit	Per 100g - >20.0g of total fat - >600mg of sodium	- Added sugar ^c Per 100g - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	- No added sugar ^c Per 100g - ≤3g of total fat - ≤120mg of sodium	-	- Dried fruit with added sugar	- Fresh fruit - Dried fruit without added sugar
Meat, Fish, Eggs, and alternatives	Ready-to-eat pre-packaged food: - Fish sausage - Beef and pork jerky - Squid jerky - Bean curd pudding Other food: - Egg - Chicken wing - Dim Sum, e.g. 'siu mai' and dumpling	Per 100g - >15.0g of sugar - >20.0g of total fat - >600mg of sodium	Per 100g - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	Per 100g - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium	- Fried food items, e.g. fried chicken wings, fried fish fillets and fish balls	- Chicken wing in soy sauce - Steamed dim-sum, e.g. dumpling, 'siu mai'	- Boiled egg
Nuts	Ready-to-eat pre-packaged food: - Nuts Other food: - Bulk-packed nuts	Per 100g - >15.0g of sugar - >600mg of sodium	- Added oil ^c Per 100g - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	- No added oil ^c Per 100g - ≤5.0g of sugar - ≤120mg of sodium	-	- Nuts with added salt	- Dry-roasted plain nuts

Type of Food	Examples of food products	Ready-to-eat pre-packaged food (with nutrition label)			Other food (without nutrition label)		
		Snacks to Choose Less	Snacks to Choose in Moderation	Snacks to Choose More	Snacks to Choose Less	Snacks to Choose in Moderation	Snacks to Choose More
		<i>Meets <u>ANY</u> of the following criteria</i>	<i>Any items that fails the 'Snacks to Choose Less' (Red) criteria, and meets <u>ANY</u> of the following criteria</i>	<i>Meets <u>ALL</u> of the following criteria</i>	<i>Snacks are high in fat, salt or sugar</i>	<i>Snacks contain more fat, salt and sugar</i>	<i>Snacks contain less fat, salt and sugar</i>
Chestnuts ^d	Ready-to-eat pre-packaged food: Chestnuts	Per 100g - >20.0g of total fat - >600mg of sodium	- Added sugar ^c Per 100g - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	- No added sugar ^c Per 100g - ≤3g of total fat - ≤120mg of sodium	-	-	-
Dairy Products	Ready-to-eat pre-packaged food: Yogurt	Not Applicable	- Added sugar ^c Per 100g - >3.0g of total fat	- No added sugar ^c Per 100g - ≤3g of total fat	-	-	-
Fat/ Oil, Salt and Sugar	Ready-to-eat pre-packaged food: Candies and chocolate Other food: Butter	Per 100g - >15.0g of sugar - >20.0g of total fat - >600mg of sodium	Per 100g - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	Per 100g - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium	- Butter	-	- <i>Trans</i> fat free margarine

^a 1kcal ≈ 4.2kJ

^b Food items containing caffeine are in general referred to coffee, milk tea, black tea, green tea, sports drinks with added caffeine.

^c 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, the ingredient shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged in the 'List of ingredients' (also known as 'composition' or 'contents').

^d Chestnuts belong to the food group of nuts. However, unlike nuts containing about 40% of fat, chestnuts contain less than 3% of fat. They also contain naturally occurring sugar. Therefore, the nutritional criteria for classification of nuts are not applicable to chestnuts.

Drinks

It is recommended to provide or sell snacks in no more than 125kcal^a of energy and drinks to 250ml or less.

Snacks and drinks containing caffeine and sweeteners^b **are not recommended to primary school students.**

Type of Drinks	Snacks to Choose Less <i>Meets <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Any items that fails the 'Snacks to Choose Less' (Red) criteria, and meets <u>ANY</u> of the following criteria</i>	Snacks to Choose More <i>Meets <u>ALL</u> of the following criteria</i>
Milk (Including milk-based Yogurt drinks ^c)	Not Applicable	- Added sugar ^d Per 100ml - >1.5g of total fat	- No added sugar ^d Per 100ml - ≤1.5g of total fat
Yogurt drinks^e (Including probiotic drinks) Soya milk Chinese beverages / Herbal tea	Per 100ml - >7.5g of sugar	Per 100ml - >5.0g to ≤7.5g of sugar - >1.5g of total fat	Per 100ml - ≤5.0g of sugar - ≤1.5g of total fat
Fruit juice	- Added sugar ^d	- No added sugar ^d	Not Applicable
Vegetable juice Other drinks	Per 100ml - >7.5g of sugar - >600mg of sodium	Per 100ml - >5.0g to ≤7.5g of sugar - >1.5g of total fat - >120mg to ≤600mg of sodium	Per 100ml - ≤5.0g of sugar - ≤1.5g of total fat - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b Food items containing caffeine are in general referred to coffee, milk tea, black tea, green tea, sports drinks with added caffeine

^c Milk-based yogurt drinks, refer to products that milk composition is listed in the first or second place of the list of ingredients.

^d 'List of Ingredients' can be used to determine whether the food items have been added with fat/ oil, salt or sugar. As per the legal requirement, the ingredient shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged in the 'List of ingredients' (also known as 'composition' and 'contents').

^e Yogurt drinks, refer to products that milk composition **is not** listed in the first or second place of the list of ingredients.

Appendix 3: Tools for Promotion of Healthy Snacks in Schools

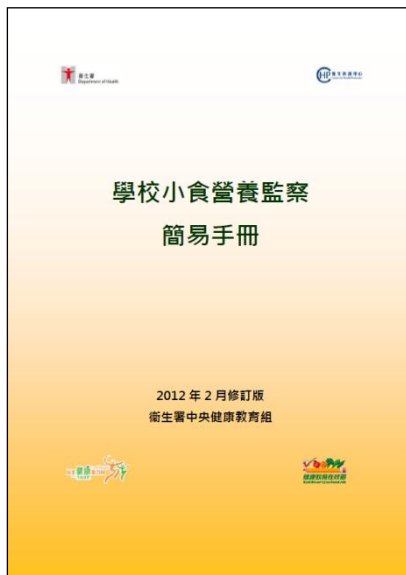
Snack Nutritional Classification Wizard



Web Version



Mobile Version



Snack Monitoring Manual
(Chinese Version Only)

學校小食營養監察表格 2012年1月修訂

甲部：基本資料

學校名稱:	監察日期 / 月份:
小食供應名稱:	評核人員姓名:
小食供應地址: <input type="checkbox"/> 學校食廊 <input type="checkbox"/> 自動售賣機 <input type="checkbox"/> 其他 (可選多於一個)	

> 請於填寫表格前參閱最新的《學生小食營養指引》之小食分類標準資料。
 > 關於下表填上校內所售之食品及飲料，並在適當的表格內填上相關資料及加上 ✓/× 註。
 > 欄位不敷應用可另行加添。
 > 備註「供應率別」：1. 供應給小學生的食品或飲料不應含咖啡因或人造甜味；及
 2. 「小食營養類別」為「鹽質選擇」(G)或「糖質選擇」(Y)；及
 3. 「供應分量」： 罐裝食品不宜多於 125 千卡 (525 千焦)；
 飲料則以 250 毫升或以下為佳。

乙部：預先包裝的食品及飲料 (附營養標籤產品適用)

食品 / 飲料名稱及相關資料	1. 不食咖啡因或人造甜味 (中標不適用)		2. 「鹽質選擇」(G) / 「糖質選擇」(Y) / R ¹		3. 供應分量 罐裝食品(含液體)或 包裝食品(含固體) (G/Y/R) ¹		符合供應率別 ✓/×	備註
	糖	鹽	糖 (克/100克)	鹽 (克/100克)	份量 (千卡)	容量 (毫升)		
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

1. 藍色「G」為「鹽質選擇」類別；黃色「Y」為「糖質選擇」類別；紅色「R」為「少鹽少糖」類別。

丙部：非預先包裝的食品及飲料 (附營養標籤產品適用) 2012年1月修訂

> 建議「供應率別」： 1. 供應給小學生的食品或飲料不應含咖啡因或人造甜味；
 2. 「小食營養類別」為「鹽質選擇」(G)或「糖質選擇」(Y)；及
 3. 「供應分量」：參閱《學生小食營養指引》附件一列出之非預先包裝食品之建議供應分量。

食品 / 飲料名稱及相關資料	1.	2.	3.	符合供應率別 ✓/×	備註
	不食咖啡因或人造甜味 (中標不適用) ✓/×	小食營養類別 (G/Y/R) ¹	符合建議「供應分量」 (G/Y/R) ¹		
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					

1. 《學生小食營養指引》第 16 頁的「小食營養供應分量」列出供應量不超過 125 千卡(525 千焦)的罐裝小食分量。

Snack Monitoring Form
(Chinese Version Only)

Appendix 4: Checklist on Snack Provision in Schools

This checklist helps you to monitor the nutritional value of snacks provided from the tuck shop or vending machines, and to measure the progress of setting up a healthy eating environment at your school. The more 'YES' you answer in Part 2 and 3 of this checklist, the better your school performs in promoting healthy snacks.

1. Please **TICK** the appropriate box:

Students can buy snacks at school from: the school tuck shop vending machine(s) Both

Please **TICK** the appropriate box and consider any **ACTIONS** required to improve the current situation if you answer 'No'.

2. Supply of Healthy Snack	Yes	No	Don't know	Actions to be taken (Please refer to section 9.3 of this Guidelines)
a. Are healthy snacks supplied ONLY OUTSIDE LUNCH HOUR to avoid students skipping lunch?				
b. Are all snacks sold/provided in serving sizes recommended in Appendix 1?				
c. Is the tuck shop or vending machine NOT selling any 'Snacks to Choose Less'?				
d. Are 'Snacks to Choose in Moderation' only provided on a limited number of days a week or limited in supply?				
e. Is there any clear signage posted at the point of purchase to remind customers to consume 'Snacks to Choose in Moderation' in moderation?				
f. Are 'Snacks of Choice' provided in the school tuck shop or vending machines?				
g. Are the prices of 'Snacks of Choice' generally lower than those of 'Snacks to Choose in Moderation'?				

Checklist on Snack Provision in Schools (continued)

3. School/Tuck Shop Activity	Yes	No	Don't know	Actions to be taken (Please refer to section 9.3 and 9.4 of this Guidelines)
a. Are parents and students involved in setting healthy eating policies for your school?				
b. Are all promotional activities or events for 'Snacks to Choose Less' and 'Snacks to Choose in Moderation' prohibited at your school (please see section 6.12 of this Guidelines)?				
c. Is there any recognition given to students for choosing 'Snacks of Choice'?				
d. Does the tuck shop distinguish 'Snacks of Choice' from 'Snacks to Choose in Moderation' to help students opt for healthier choices?				
e. Are there any promotional campaigns to raise students' awareness and receptiveness of healthy snacks e.g. cereal week, soy week, fruit month, fresh vegetables week, etc.?				
f. Have your school built elements of nutrition and healthy eating into school curricula and related subjects to educate students about healthy food choices?				

Appendix 5: An Overview of Food Labels

List of Ingredients

Preceded by an appropriate heading consisting of the words 'ingredients', 'composition', 'contents' or words of similar meaning, the ingredients shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged. This is in keeping with current legal requirement. Hence, consumers can take reference from the order of ranking of ingredients, for example, salt, fat/ oil and sugar, to compare between different products of the same types. Set out below are the ingredients of different types of orange juices.

Ingredients:
Water, Soybeans, Malt, Sugar, Tricalcium Phosphate, Milk Solid and Stabilizer (460 & 466), Salt, Acidity Regulator (500), Flavouring

Sample of the list of ingredients for a pack of soy milk of 250 ml

Samples of the list of ingredients for red and yellow light orange juices

Ingredients:
100% Pure Orange Juice from Concentrate, Vitamin-C

Orange Juice 'To Choose in Moderation':

No sugar added.

Ingredients:
Water, Concentrated Orange Juice, **Sugar**, Pulp, Acidity Regulator(330), Preservative (202), Vitamin-C, Natural Colour (160a), Vitamin-E

Orange Juice 'To Choose Less':

Sugar is added.

Nutrition Labels

The Food and Drugs (Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 enforced by FEHD was effective on 1 July 2010. All pre-packaged food must attach nutrition labels that include the information on energy and seven core nutrients, namely, protein, carbohydrates, total fat, saturated fat, trans fat, sodium and sugars. This will enable members of the public to have a better understanding of the nutritional value of food, to facilitate comparison of food items of the same type, and thus help consumers make healthier choices. For more details of the nutrition labelling scheme, please refer to the website of the Centre for Food Safety under FEHD at www.cfs.gov.hk.

Nutrition labels refer to the listing of nutrition content of food in a standardized manner. The information is often presented in a tabulated format.

Nutrition Facts 營養成分		
Serving Per Packet: 5		每容器份量數目: 5
Serving Size: 20g		食用分量: 20克
	Per 100 g 每100克	Per Serving 每食用分量
Energy 總熱量	420 kcal	84 kcal
Total Fat 總脂肪	20 g	4 g
Saturated Fat 飽和脂肪	10 g	2 g
Trans Fat 反式脂肪	8 g	1.6 g
Total Carbohydrate 總碳水化合物	50 g	10 g
Dietary Fibre 膳食纖維	2	0.4
Sugar 糖	10 g	2 g
Protein 蛋白質	10 g	2 g
Sodium 鈉	900 mg	180 mg

**Sample of the nutrition label for a pack
of 100- gram biscuit**

Part of information from FEHD

